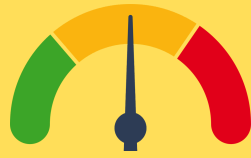


# RENFO DU COUREUR #1



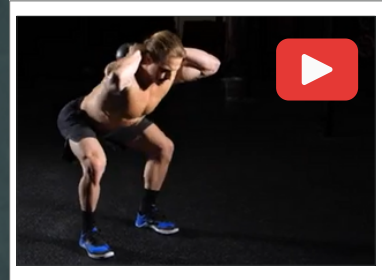
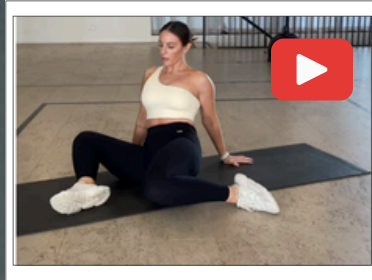
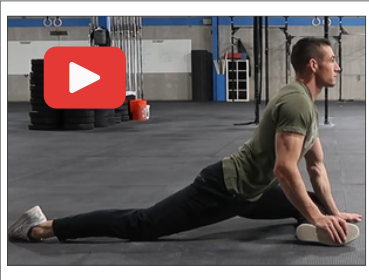
20 min



kb

## WARM UP

- Pigeon Stretch : 1' de chaque coté
- 90 / 90 Hip rotation : 1'
- Kang squat : 1'

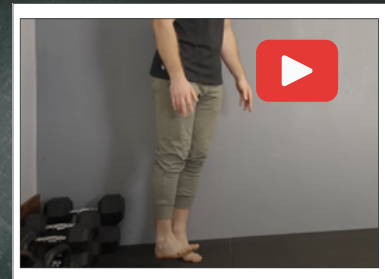


## RENFO BLOC N°1

- Faire 3 tours des 2 exercices suivants, 1' de récupération

12 à 16 KB Goblet squats

45" Walking ankle flip

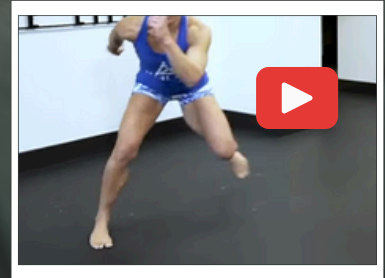


## RENFO BLOC N°2

- Faire 3 tours des 2 exercices suivants, 1' de récupération

10 Hamstring walkouts

45" Lateral skater jumps



WWCOACHING